

Resources to Assist in the Delivery of Physical Education Outcomes @ Home

Children and youth are meant to be active. The COVID-19 pandemic has resulted in a number of challenges delivering quality physical education programming to students. This is particularly prevalent in homeschooling or remote learning situations where families may not be equipped with the resources or the experience needed to provide their children with positive physical education experiences that provide a foundation for lifelong physical movement.



This document assists families looking for suggestions to fulfill physical education outcomes. For further ideas or clarification, please contact Stephen Howell, Physical Education/Health Education Consultant, Manitoba Education at stephen.howell@gov.mb.ca.

Putting the “E” in PE

We sometimes think of physical education as being strictly physical; however, there is no better subject to educate children and youth across all holistic learning domains—physically, socially, and emotionally—than physical education.

A child who feels confident and capable in their movements is more likely to engage in physical activity and sport, which will help build self-confidence. A “physically literate” child has the capacity to be more creative, adaptable, and flexible, and is better equipped to be an effective mover and participant in a variety of physical activities and sports. To that end, a child should be able to explore a variety of movement concepts and understand why and how they are performed. Physical Education should involve both ‘learning to move’ and ‘moving to learn’ while providing students with the widest possible ‘movement vocabulary.’

For more information about the application of [Fundamental Movement Skills](#) (FMS) and physical literacy, go to [Sport for Life](#) and [Active for Life](#). Both organizations have a number of prominent resources and articles, which support the development of physical literacy and provide a number of guides for at-home learning in Physical Education.

Remember that children and youth are more motivated to participate in physical activity when they are having fun and the activity provides them with a sense of enjoyment. Children and youth are also likely to model their parents’ behaviour in terms of physical activity, so if you are active or you make physical activity a family activity, your children will likely want to participate or try something new.

Supporting the Delivery of PE at Home

Here is a simple tip that can help support the delivery of physical education outcomes at home. Try differentiating activities by adapting/modifying the task using the STTEP principle. Everyone has a different ability level, so applying one or more of these concepts to an activity can positively effect the learning experience.



STTEP Principle

S—Space: reduce/increase the size of the learning activity

T—Time: allow for more or less time to complete the task

T—Task: adapt the task to support the individual

E—Equipment: modify the equipment to allow for greater success

P—People: consider grouping (i.e., similar ability or role model to support task)

The STTEP principle not only helps make the activity more inclusive for your child but also allows you to adapt it, by making subtle changes, to a household setting where you might not have the necessary equipment. This can make a big difference with regard to the learning and exploring intended within the activity. It can also allow you to simplify tasks. You do not have to use every aspect of the principle at once. Pick an aspect, see if it works for the child, and build upon it. Try something and see what difference it makes. If things are too easy, you can add challenges to the task (i.e., make the distance longer or space smaller, change the equipment, or try to complete the task in less time).

Unstructured Play

While parents might feel the need for consistent structure, it is equally important to balance this with opportunities for free play and exploration. Physical activity does not need to be an organized and controlled event. Unstructured activities are directed by the children themselves. Play that isn't organized or directed by adults or older peers, and that generally doesn't have a defined purpose or outcome, is a fundamental necessity in order for children to thrive physically, emotionally, mentally, and socially.

Unstructured play can be achieved through the use of a playground set at the park, through a game of hide-and-seek with friends, or just by exploring the use of a piece of sport equipment on one's own. Unstructured play has tremendous benefits on the holistic development of a child. Skills developed through play include the following:

- Creativity
- Imagination
- Problem Solving
- Confidence
- Ability to interact with others
- Flexibility and adaptation
- Understanding social situations
- Resiliency
- Emotion management
- Decision making

Remember to balance structure with opportunities for free play. Let kids explore their imagination and the things around them. Many of the great athletes in the world developed their skills over the course of hours of play on ponds, courts, and streets.

Ideas for @ Home Physical Education and Physical Activity

Sport Manitoba: Games and Physical Literacy Activity Database

[*Fit Kids Healthy Kids*](#) is a physical literacy program founded as a partnership between Doctors Manitoba and Sport Manitoba. It teaches children and their adult leaders the fundamentals of movement like running, jumping, throwing and catching, as well as many other fundamentals, through games and activities that are both non-competitive and inclusive.

You can search the [database](#) of online games by age or skill, or you can just pick any activity and try it! The activities include games that require little organization, stationed play, dance, modified sport, and free play, all designed to keep you moving and learning. There are also [activity cards](#) made specifically to promote getting active in small spaces with little-to-no equipment. You can print the cards and let the kids pick which activity they want to try!

Choose your next activity from the database and check out more activity tips in the Blog Post.

Socially Distanced Olympics

[Socially Distanced Olympics](#) outlines four days of Olympic events that can be done with equipment found around the home. It's also a fun suggestion for a family activity.

Workout Channels on YouTube

- [Glenn Higgins Fitness](#): This would be especially enjoyable for Kindergarten to Grade 6 children as all the videos are based on current superhero movie and comic book characters.
- [Fitness Blenders](#): It has 500 free online workout videos.
- [PE with Joe](#): It offers free home workout videos for every fitness level.
- [Patrick Foy](#): This is the site of a PE teacher making fun exercise videos for families.

Fitness Resources, Videos, and Challenges

- [ExRX.net](#): This is an evidence-based exercise prescription tool and resource including a comprehensive exercise library of over 1800 exercises.
- [Darebee](#): You can print or take a screenshot of some of the one-page workouts at Darebee.com, they are all free and they have workouts that focus on pretty much every part of the body as well as full body workouts, so pick one that meets your interests and goals.
- [SworKit](#): They have free kids workouts for anyone to use after signing up. These workouts are even customizable and have student examples for all of the follow along workouts. Just click on the “Kids Workouts” section after logging in.
- [Roblox Fitness](#): This is “Would you Rather” PE distance-learning inspired fitness.
- [Towel Fitness Challenges](#): This video offers some fitness and cooperative games that only require a towel.
- [Paper Plates Fitness and Challenges](#): These Tabata workouts only require a paper plate.
- [Basketball Tabata](#): These Tabata workouts can be done using a basketball or a similar ball.
- [Bottle Flipping Fun!](#): This site has bottle flipping fitness challenges.

Fitness Testing

[Fitness Testing in PE Blog](#): This descriptive blog about fitness testing provides links to other resources relating to the topic.

- [Curl Up Test](#)
- [Push Up Test](#)
- [Sit and Reach Test](#)

Yoga

- [Cosmic Kids Yoga](#): This site includes interactive adventures for kids in yoga and mindfulness.
- [Fitness Blender Yoga Videos](#): This site has free yoga videos from Fitness Blender.

Follow-Along Dance Videos

[Just Dance Videos](#) or the [Just Dance App](#)

- [GoNoodle Follow-Along Dances](#)
- [Hip Hop Health](#)
- Less Mills on Demand [Bust a Move](#)
- [Cupid Shuffle](#)
- [Sid Shuffle](#)

Examples of PE Activities with Limited or Homemade Equipment

Even if you don't have access to standard sports and exercise equipment, it doesn't mean you can't get moving. Many common household items can be used in lieu of equipment and be safer in restricted spaces. There are also a number of ideas for PE games without equipment by [Kaizen Sports](#). The site also includes ideas for socially distanced games: [Part 1](#), [Part 2](#).

Modified Gymnastics Unit

The [PE Specialist](#) is a blog on teaching a modified gymnastics unit. There are numerous links to visuals demonstrating simple travelling, balancing, and jumping and landing activities. It also includes information on how to create a short routine. You can choose the activities that are safe for the space limitations of the home.

Jump Rope Activities

- [Single Jump Rope Tricks](#)
- [Partner Tricks](#)
- [First Time Jumpers \(Kindergarten to Grade 2\)](#)
- [Make Your Own Jump Rope \(from old t-shirts\)](#)
- [Make Your Own Jump Rope \(from plastic bags\)](#)

Hula Hooping Activities

- [Hula Hooping Tricks and Challenges for Kids—from the PE Specialist](#)
- [Super Hula Challenge](#)
- [Hokey Pokey Dance](#)

Throwing and Catching Activities

If you have space outdoors or a safe space indoors, try practicing throwing and catching by yourself or with a family member using a ball or Frisbee.

- [Underhand Throwing with a Ball](#)
- [Overhand Throwing \(Ball\)](#)
- [Throwing and Catching](#)
- [Towel-Fold Challenge](#)
- [How to Throw a Frisbee](#)
- [Milk Carton Scoop and Catch](#)

Juggling

- [How to Juggle Slideshow](#)
- [Progression for K-3](#) using tissues, scarves, or plastic bags
- [How to Make a Ball Out of Socks or Plastic Bags](#)

Balloon Activities

This is a great activity for Kindergarten to Grade 6 students. Find a safe space indoors or outdoors, blow up a balloon, and practice striking it with different items or different body parts. What is the most difficult item or body part with which to control the balloon? What is your record for the most hits without moving your feet? Alternatively, try some of the following challenges:

- [Balloon Challenges and Activities](#)
- [Using Implements](#)
- [Example of a Balloon Striking Activity](#)
- [Balloon Tennis](#)
- [How to Make a Balloon Tennis Racket](#)

Table Ball

Table Ball is a modified version of table tennis that can be played using your hands or rackets with a variety of balloons or balls.

- [How to Play](#)
- [1v1 or 1v1v1](#)
- [2v2](#)

Wall Ball

Wall ball is a throwing, catching, and reacting activity that can be played indoors or outdoors.

- [Version 1](#)
- [Version 2](#)

Basketball

- [Ball Handling Drills Tutorial](#)
- [Ball Handling Drills Follow Along](#)
- [Sock Basketball Shot Challenge](#)
- [Sock Basketball Frenzy](#)

Soccer

- [100 Individual Soccer Drills](#)
- [Soccer Basketball](#)
- [Basket Soccer](#)
- [Soccer Skills Challenge](#)
- [Cup Stack Soccer](#)

Hockey and Broomball

- [Hockey Feeding Frenzy](#)
- [Target Challenge](#)
- [Hockey Monster Trap](#)
- [Table Hockey](#)

Four-square

If you have access to a playground ball and a garage/rec room or driveway, you can play a game of two-square with a family member. Draw a court with some chalk and check out this post if you do not know the rules of the game.

- [How to Play Four-Square](#)
- [How to Play Two-Square](#)
- [Four-Square—PE Specialist](#)
- [Four-Square](#)

Cup Stacking

If you have some Speed Stack Cups, check out [Stack-at-Home Challenges and Activities](#) for some fun challenges and activities.

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Compilation of Home Activities and Resources for Physical Education

- [Open Phys ED](#)
- [Kaizen Sports](#)
- [PBS Learning Media—Health and Physical Education](#)
- [Cahperd Healthy Activity at Home Resources](#)
- [Shape America](#)
- [The Physical Educator](#)
- [PE and Everything YT Channel](#)
- [PE at Home Ideas Blog Post](#)
- [Flaghouse PE Lesson Plans and Activities](#)
- [Literature-Enhanced PE Virtual Classroom](#)
- [Be Well Played: PE at Home Ideas Blog Post](#)
- [Kidzphys Sports](#)

Home Activity Packets and Ideas from PE Teachers

- PE Specialist:
<https://twitter.com/thepecialist/status/1239565871133134849?s=20>
- Bob Vogt:
<https://twitter.com/GlengaryPE/status/1239341018459377664>
- Jason Denk:
<https://twitter.com/mrdenkpeclass/status/1238508561447227393?s=11>
- CBHPE Activity Ideas:
<https://www.cbhpe.org/projector>
- [PE Follow Along Videos Collection](#) (Google Slide)
- Health/PE Theory Lessons on YouTube: [PE and Everything YT Channel](#)
- Be Well Played: [PE at Home Ideas Blog Post](#)

Follow Along PE Class Ideas from PE Teachers on YouTube

- [Coach Wood: Daily Online PE Class](#)
- [Ben Prillo: Fun at Home Activities](#)
- [Marcus Nellems: Short Activity Ideas to Try at Home](#)
- [Mallory Nutt: Sample at Home PE Class](#)
- [Derek Zachary: Sample PE at Home Lessons](#)
- [Mike Morris: Sample PE at Home Activities](#)
- [Peter Connell: Short Daily Activity Ideas](#)
- [Remote PE Learning: at Home Activities and Lessons](#)
- [Coach Gelardi: Fun at Home PE Challenges on YT](#)
- [Randy Spring: Lots of Virtual PE Ideas](#)